HEARTY ENOUGH FOR LUNCH
SALAD WITH TUNA CHUNKS {page 13}

OFF THE COUCH!
TRAINER GIVES TIPS TO GET YOUR KIDS MOVING {page 12}

ANXIETY
HOW KEIRA OVERCAME HER STAGE FRIGHT {page 10}

OTTAWA metro®
Monday, January 9, 2012
www.metronews.ca
News worth sharing.

Michael. Keaton

▶ Michael Keaton calms down a frightened Michelle Monaghan, gives her his coat and walks her to safety on Somerset Street Sunday morning during the filming of Penthouse North.

JOE LOFARO/METRO

Thriller on Ottawa streets

Michael Keaton was in downtown Ottawa Sunday to shoot his introductory scene in Penthouse North, a thriller that also features actress Michelle Monaghan. Ottawa-based Zed Filmworks is shooting the movie, which is expected to hit the big screen sometime next year.

Police chief to give pot a sober second thought

▶ Ottawa police Chief Vern White takes his seat in the Senate February 20 ▶ Cites his work with addiction treatment as his proudest achievement as police chief

STEVE COLLINS
OTTAWA@METRONEWS.CA

As a senator, Vern White will be called on to give weighty questions a sober second thought — something he already does in Ottawa as chief of police.

White will consider Bill C-10, the omnibus crime bill, which he supports in his current role.

"I can't speak to it as a future Senator because it would put me in a conflict right now," he said, adding he will be willing to speak up on the bill once he is sworn in.

The bill includes tougher penalties for growing and possessing marijuana. White said Canadians should discuss decriminalization, but with caution. Too often the discussion is oversimplified, he said. For example, he's often asked whether a teen should get a criminal record for smoking a joint.

"You can say it, but it doesn't really happen," said White. "If a 15-year-old is getting charged and convicted to marijuana, it's not a joint. Either he's been trafficking in it or it's secondary to another crime, like an assault."

The effects of marijuana on mental health should be part of the discourse, as should Canada's relationship with the United States, he said.

"A large amount of marijuana that's produced in this country ends up in the United States. What impact would that have on our relationship with the United States?" he said.

Even if Canada decriminalized marijuana, that wouldn't impact organized crime trafficking it to the U.S., he added.

White said he is also keen to discuss national security, aboriginal affairs and mental-health issues when he becomes a senator.

"I'm not looking for a retirement job. For me, it has to be a job where I could make a difference."
OTTAWA POLICE CHIEF VERN WHITE

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1 news

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On the web at metronews.ca

Hundreds of loved ones gather on the deck of HMCS Charlottetown to bid farewell to sailors bound for the Mediterranean Sea. Watch at metronews.ca/video

Say. Cheese

▶ Ben Lowe, 11, poses for a photo with Toronto Blue Jays third baseman Brett Lawrie at the St. Laurent Shopping Centre on Sunday during the team's Winter Tour stop in Ottawa.

JOE LOFARO/METRO

Toronto Blue Jays fans line up to meet players

Hundreds of Toronto Blue Jays fans queued for hours inside the St. Laurent Shopping Centre on Sunday to meet four players. Ben Lowe, 11, from Alexandria, Ont., got the chance to meet Casey Janssen, Ricky Romero, J.P. Arencibia and Brett Lawrie. "It might have been a chance of a lifetime, so I was really excited," said Lowe.

Archbishop decries pornography obsession

In statement on ex-bishop Raymond Lahey, Newfoundland archbishop says new 'screening process' is in place to better secure church environment

JESSICA SMITH
@METRONEWS.CA

The Archbishop of St. John's issued a statement to the parishes in his province, voicing his "sadness, disappointment and anger" concerning former Bishop of Antigonish Raymond Lahey's conviction for importing child pornography.

The short statement, distributed to parishes on Sunday, spoke against pornography as a whole.

"We stand against all that harms or degrades human beings."
ARCHBISHOP MARTIN CURRIE

"Pornography is an all-too-common obsession and addiction," said Archbishop Martin Currie.

Lahey told an Ottawa court that the child pornography on his computer came from an "indiscriminate" addiction to porn.

Currie said that Lahey has requested to be removed from the clerical state, adding "the church will impose this or other penalties."

He was not available Sunday to clarify exactly what course of action the church may take, or when that will happen.

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PM adding a little history to Canada Day celebration

Government earmarks money to commemorate bicentennial of outbreak of War of 1812 Canadian Heritage hired "creative consultant"

The Harper government has hired a consultant to inject a little war into this year's Canada Day bash on Parliament Hill.

Paul Shaw, a Toronto theatre expert, has been asked to find ways to insert a War of 1812 commemoration into the July 1 festivities that typically include pop music, dance and pyrotechnics.

"I do big-ass special events all the time, so they asked me to do that," Shaw said.

Shaw, whose firm is Chez Pshaw, helped organize Pope John Paul II's 2002 visit to Toronto and Olympic torch relays on Parliament Hill last year. Shaw says the War of 1812 "may be the last time aboriginals, the French and the English worked together."

"That's when we all helped each other, and because of it won some battles."

The Canadian Heritage Department normally injects patriotic themes into the Canada Day noontime show on Parliament Hill, giving the National Capital Commission a free hand to organize the evening show with singers and fireworks in a party atmosphere, but a recently posted tender document indicates that the war theme will appear in both shows.

"It's sort of tricky to do a War of 1812 theme when you've got so many modern things in and around it."
PAUL SHAW, EXPERT HIRED TO PRODUCE CANADA DAY WAR OF 1812 CELEBRATION ON PARLIAMENT HILL

The National Capital Commission has budgeted $3.7 million for this year's Canada Day festivities. Shaw's contract was not put out for competitive bidding because it is below a $25,000 threshold for mandatory tendering. Neither Shaw nor the commission would reveal the value.

Last week, Heritage Minister James Moore announced a Canada Day poster contest, calling on young Canadians aged five to 18 to create original posters on the theme 1812: The Fight for Canada.

"This year, participants are invited to create a poster showing how people from different backgrounds and regions joined forces to fight for Canada during the War of 1812," Moore said.

THE CANADIAN PRESS

Labour. Dispute

▶ Striking workers from PSAC Local 73100 at the Salvation Army on George Street walk by the shelter's front entrance Sunday as they call for higher wages.

JOE LOFARO/METRO

Striking shelter workers want 'fairer' deal

Workers at the Salvation Army Ottawa Booth Centre on George Street walked the picket line for their third day Sunday after going on strike over what they call "unfair" wages. Larry Rousseau, Public Service Alliance of Canada's regional executive vice-president, said the union will not enter arbitration with management because he wants to sit down with management to negotiate out a "fairer" deal for the workers.

Driver who hit cyclists to be sentenced today

JESSICA SMITH/METRO

▶ Sommit Luangpakham

An Ottawa man who struck five cyclists with his minivan in a 2009 hit-and-run is to be sentenced today.

Sommit Luangpakham, 47, of Ottawa, was found guilty on October 20 of five counts of dangerous driving causing bodily harm and five of leaving the scene of an accident. The Crown is seeking a sentence of four years, while Luangpakham's lawyer, Richard Addelman, is asking for 12 to 18 months.

Luangpakham, who testified he fell asleep at the wheel, is expected to make a statement. The court heard victim-impact statements from the cyclists and their family members on Friday. STEVE COLLINS

SEX CRIME

Woman attacked at knifepoint

Police said a man attempted to sexually assault an 18-year-old woman at knifepoint Saturday night near Iris Street and the transitway.

Police received the 911 call at 10:13 p.m. and said the female was waiting for a bus on Iris Street when a male approached her and led her to a wooded area by the transit station.

The male then attempted to sexually assault her, but she resisted the assailant and called for help.

She sustained non-life-threatening injuries from the incident.

The suspect is described as caucasian, 18 to 20 years old and five-foot-seven with a medium build and brown eyes. He was wearing black clothing.

Anyone with information related to this incident is asked to call the Ottawa Police Service sexual-assault/child-abuse section at 613-236-1222, ext. 5944 or Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477.

JOE LOFARO

Drugs stolen from pharmacy

Police are investigating a robbery at a pharmacy on Bank Street near Hunt Club Road, in which two suspects passed a note to a clerk demanding narcotics.

They received the drugs and fled, police said. No one was injured. Witnesses saw what they believed to be the butt of a pistol in the waistband of the pants of one of the suspects.

METRO

Police gang unit probes stabbing

Ottawa police are investigating an attempted murder following a stabbing of a man in his 20s that occurred in the 2200 block of Riverside Drive near Bank Street at around 11:30 p.m. Friday.

Anyone with information on this investigation is asked to contact the guns and gangs unit at 613-236-1222 ext. 5050 or Crime Stoppers at 613-233-8477 (TIPS).

METRO

News in pictures

PHOTOS
1. JEROME DELAY/THE ASSOCIATED PRESS
2. JOHN RAOUX/THE ASSOCIATED PRESS FILE
3. MATT YORK/THE ASSOCIATED PRESS
4. CHERYL EVANS/THE ARIZONA REPUBLIC/THE ASSOCIATED PRESS

1 Tens of thousands of South Africans wave the colours of the African National Congress on its 100th anniversary on Sunday. Absent because of his frailty was Nelson Mandela, the nation's first black president and longtime leader of the anti-apartheid movement. THE ASSOCIATED PRESS

2 British astrophysicist Stephen Hawking turned 70 on Sunday. Hawking, who suffers from motor neuron disease, was not well enough to attend a cosmology conference held in his honour at Cambridge University. THE ASSOCIATED PRESS

3 Catherine Middleton, the Duchess of Cambridge, turns 30 on Monday, but royalty buffs expecting a lavish party will be disappointed. Palace officials said the duchess will mark the personal milestone with a "low-key and private" affair. THE ASSOCIATED PRESS

4 Ina Menzl hugs her daughter, Rebecca Kraft, 4, on Sunday outside the Tucson, Ariz., Safeway store where Congresswoman Gabrielle Giffords was shot a year ago during a shooting spree that left six dead and 13 wounded, including Giffords. THE ASSOCIATED PRESS

Kim Jong-un vowed war in 2009: Film

North Korea's new leader, Kim Jong-un, threatened war in 2009 if the country's enemies shot down its long-range rocket, footage aired on state television showed Sunday in the first official word of his role in the military before his father's death.

The documentary is the second in a week seeking to highlight Kim's experience in leading North Korea's 1.2-million-strong military and was aimed at showing that he was in charge of the armed forces long before his father, former leader Kim Jong-il, died of a heart attack last month. THE ASSOCIATED PRESS

Hundreds of well-wishers gathered on the deck of HMCS Charlottetown on Sunday to bid farewell to sailors bound for the Mediterranean. The frigate, carrying some 250 sailors, is taking part in Operation Active Endeavour, a six-month NATO counterterrorism mission. The Charlottetown will be tracking, boarding and reporting on ships believed to be involved in terrorism.

Anchors. Aweigh

▶ Sailors aboard HMCS Charlottetown wave to their friends and family as they leave Halifax for the Mediterranean Sea on Sunday morning.

RYAN TAPLIN/METRO

HMCS Charlottetown on counterterrorism duty

'They killed my baby': Mom of man beaten in Grenada

Fuller picture starting to form of how Oscar Bartholomew died

In the end, it may be that one of Oscar Bartholomew's trademark bear hugs sparked the tragic chain of events that led to his beating death in St. David's, Grenada.

While much remains to come out about what happened, the Canadian Press, based on several interviews, has pieced together an account of what some say led to his death.

"They beat my child to death," Andrianne Bartholomew, his grieving mother, said Saturday. "They killed my baby, my last baby. They killed him."

Bartholomew, 39, a native Grenadian who lived in Toronto, and his wife, Dolette Cyr Bartholomew, were visiting over the holidays. While driving on Boxing Day, Cyr Bartholomew needed to use a washroom, and the couple stopped at the St. David's police station, where she went inside to use the facilities.

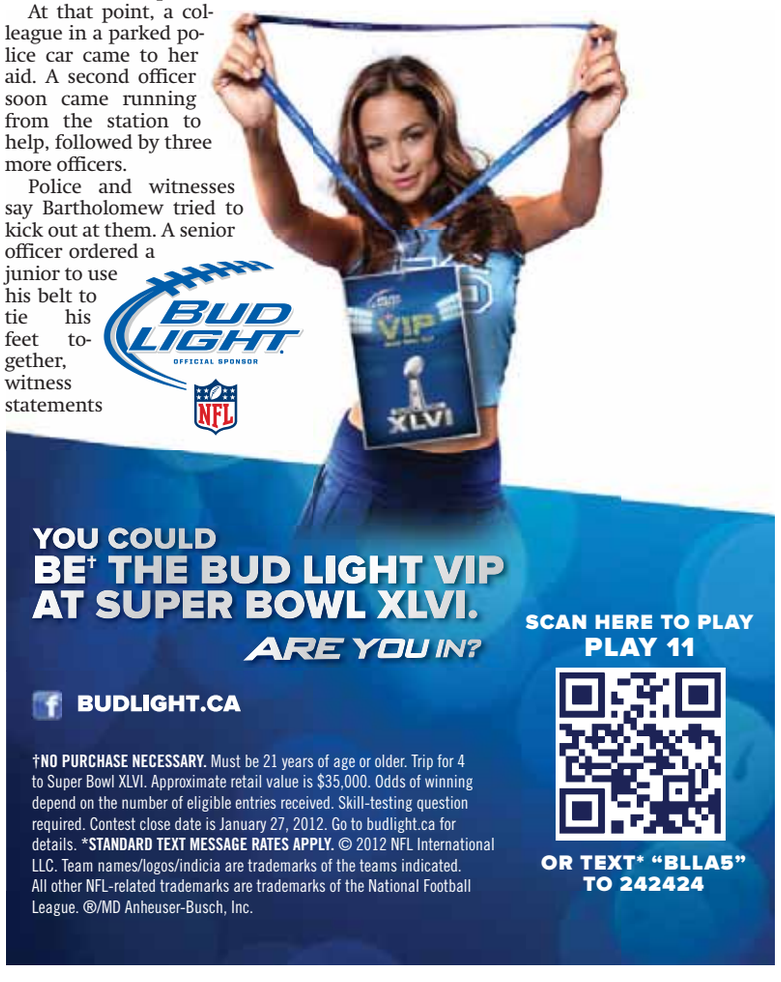
Thinking he recognized a uniformed policewoman as a friend, Bartholomew got out of his car and grabbed her from behind in an exuberant embrace, witnesses said.

"Whenever he meet his people, he always hugged them and give them a cheer," his mother, 71, said.

Some said the officer yelled out she was being raped. Defence lawyer Anslem Clouden, who represents one of the accused officers, said the officer "cried out for help."

At that point, a colleague in a parked police car came to her aid. A second officer soon came running from the station to help, followed by three more officers.

Police and witnesses say Bartholomew tried to kick out at them. A senior officer ordered a junior to use his belt to tie his feet together, witness statements show. Within minutes, Bartholomew was in a coma and lay dying. THE CANADIAN PRESS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Iran vows to cut 'strait' to heart of oil flow

Leadership has made strategic decision to close Strait of Hormuz should Iran's exports be blocked, official says

Iran has begun uranium enrichment at a new underground site built to withstand possible airstrikes, a leading hardline newspaper reported Sunday in another show of defiance against Western pressure to rein in Tehran's nuclear program.

The operations at the bunker-like facility south of Tehran, reported by the Kayhan daily newspaper, are small in comparison to Iran's main enrichment site. But the centrifuges at the underground labs are considered more efficient and are shielded from aerial surveillance and protected against airstrikes by up to 90 metres of mountain rock.

Uranium enrichment is at the core of the international standoff over Iran's nuclear program. The U.S. and its allies fear Iran could use its enrichment facilities to develop high-grade nuclear material for warheads.

Iran has sharply increased its threats and military posturing against stronger pressures, including U.S. sanctions targeting Iran's Central Bank in attempts to complicate its ability to sell oil.

A senior commander of the Revolutionary Guard force was quoted as saying Tehran's leadership has decided to order the closure of the Strait of Hormuz, a strategic oil route, if the country's petroleum exports are blocked.

THE ASSOCIATED PRESS

Nuclear sanctions

- The latest statements are certain to ramp up tensions with the U.S. and its allies, which are trying to increase pressure on Iran to punish it for its nuclear program.
- For the moment, however, U.S. officials are seeking stronger diplomatic and economic pressure on Iran rather than increasing threats of military action.
- In an interview broadcast Sunday, U.S. Defence Secretary Leon Panetta reiterated U.S. concerns about a unilateral strike by Israel against Iran's nuclear facilities, saying the action could trigger Iranian retaliation against U.S. forces in the region.

Eco. Disaster

▶ The stranded cargo ship Rena breaks in two pieces after overnight storms with six-metre waves pounded the vessel off Tauranga Harbour, New Zealand.

MARITIME NEW ZEALAND/THE ASSOCIATED PRESS

Pouring oil into troubled waters

The Greek-owned cargo ship Rena ran aground on Astrolabe Reef, 22 kilometres from Tauranga Harbour, New Zealand, on Oct. 5, spewing heavy fuel oil into the seas in what has been described as the nation's worst maritime environmental disaster.

Mitt takes hits in U.S. primary debate

Republican presidential hopefuls squared off again Sunday in yet another debate, the second New Hampshire showdown in less than 24 hours ahead of the state primary Tuesday — and this time front-runner Mitt Romney was on the hot seat.

Unlike the debate a night earlier, essentially a bitter battle for second place, the candidates directed most of their fire at Romney, who's expected to coast easily to victory in New Hampshire's first-in-the-nation primary but will face far more socially conservative voters in South Carolina in two weeks. THE CANADIAN PRESS

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Original U.S.-made coin fetches record $1.38M

HERITAGE AUCTIONS/THE ASSOCIATED PRESS

▶ The 1793 Chain Cent

A once-cent copper coin from the earliest days of the U.S. Mint in 1793 has sold for a record $1.38 million US at a Florida auction.

James Halperin of Texas-based Heritage Auctions told The Associated Press Saturday that the sale was "the most a United States copper coin has ever sold for at auction." The coin was made at the Mint in Philadelphia in 1793, the first year that the U.S. made its own coins.

Heritage officials said in a news release that the name of the buyer was not revealed but that he was "a major collector." One of the coin's earliest owners was a well-known Baltimore banker, Louis Eliasberg.

"Mr. Eliasberg was nicknamed 'the king of coins' because, before his death in 1976, he assembled a collection that consisted of at least one example of every coin ever made at the United States Mint, a feat never duplicated," Halperin said.

The final bid for the coin was one of the largest sales at the Florida United Numismatists coin show and annual convention. A five-dollar gold piece from 1829 was also sold. Halperin said there remain a few hundred 1793 coins in different condition, but that the one auctioned off last Wednesday is rare because it wasn't in circulation.

THE ASSOCIATED PRESS

Twilight series' makers set for a buyout?

Lions Gate is close to buying Summit Entertainment, the maker of the teen hit Twilight series, for about $400 million US in cash and stock, according to two people who were briefed on the matter. They were not authorized to speak publicly and requested anonymity. Talks are in the late stages and could be finalized this week.

Summit has about $300 million in debt, expected to be paid off quickly. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
- 48.76 (12,188.64)	- 0.76¢ (97.37¢ US)
Oil	**Natural gas**
- 25¢ US ($101.56 US)	$3.06 US (+ 8¢ US)
	Gold
	$1,616.80 US (- $1.30 US)

SUNDAY ALAMBA/THE ASSOCIATED PRESS

▶ An unidentified woman carries fuel from a petrol station in Lagos, Nigeria, on Sunday. Nigerian lawmakers have turned against the president's decision to end government fuel subsidies.

Nigerian fuel-subsidy cut alarms lawmakers

◐ Occupy Nigeria protests have begun ◐ Anger fuelled by ongoing violence by radical Muslim sect, corruption

Nigerian lawmakers on Sunday turned against the president's decision to end government fuel subsidies that kept gasoline prices low, just ahead of a planned labour strike that could paralyze Africa's most populous nation.

$8B Fuel subsidies cost Nigeria about $8 billion US a year.

In an emergency session, Nigeria's House of Representatives shouted down supporters of President Goodluck Jonathan as they voted for a resolution calling on him to restore subsidies. But their moves went unnoticed by unions preparing for a nationwide strike set to begin Monday, despite a court order against it.

"This cabal and their associates represent perhaps the biggest economic and financial crime in the history of Nigeria." said Rep. Femi Gbajabiamila, a member of the opposition party Action Congress of Nigeria.

Gas prices have risen from 45 cents per litre to at least 94 cents per litre since the subsidy ended Jan. 1. That spurred a spike in food and transportation costs in a nation of more than 160 million people where most live on less than $2 a day.

Even members of Jonathan's ruling People's Democratic Party have spoken out against him. Some lawmakers said the subsidy removal could lead to a revolution like those that swept across some Middle East countries last year.

THE ASSOCIATED PRESS

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STEVE COLLINS
METRO OTTAWA

Whenever a new gadget is touted as a miracle solution to all your problems, beware.

Last week, the Ottawa Police Association floated the idea of equipping officers with body-mounted cameras.

Among the main reasons offered is that having footage of everyone the police interact with would cut down on frivolous lawsuits over police conduct. The safety of the general public, who would be paying for this stepped-up video surveillance of themselves, seemed an afterthought at best.

But the Ottawa Defence Counsel Association also came out in favour of the cameras as a way to potentially keep police accountable.

Body-mounted cameras are used in the U.K., where ubiquitous video surveillance has become a way of life. It's estimated that the average British citizen is caught on camera about 300 times a day. Here in Canada, the cameras are relatively new to Canadian policing — Victoria gave them a test drive in 2009, and Edmonton is trying them out now.

"Many times people ask the easy question with the easy answer. The easy question is 'Do you believe in it?' and, as a police office on the street, I'd have no problem wearing one."
OTTAWA POLICE CHIEF VERN WHITE

The Victoria experiment was roundly condemned by the B.C. Civil Liberties Union as an unwarranted invasion of privacy. Officers who took part in the pilot project, though, gave the cameras high marks, finding they gathered better evidence and faced less aggressive behaviour from suspects who knew they were being filmed.

Ottawa police Chief Vern White is more cautious.

"Many times people ask the easy question with the easy answer," he said of the cameras. "The easy question is 'Do you believe in it?' and, as a police office on the street, I'd have no problem wearing one."

After that, though, come the harder questions, perhaps the most important of which is "What's it going to cost?"

Ottawa police are facing several years of tight budgets ahead, and the cost of wiring 1,300 police officers with cameras would be only the beginning.

"The challenge we have with it is much bigger because of the cost initially, (and) the cost to maintain it is absolutely crazy," White said.

A single officer's typical 10-hour patrol, for example, could result in seven hours or so of video, which might have to be stored for up to 25 years.

It's easy to see how the costs could pile up before you even start to consider the privacy of crime victims caught on video or how to handle freedom-of-information requests for footage.

We shouldn't let the gleam of new technology blind us to its true costs.

Orleans students quench thirst for helping others

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Talk about an unquenchable desire to help.

For the past six years, students at Orleans' St. Clare Catholic School have been doggedly raising money to build a well in Sacala, Guatemala, that will provide local residents with a source of clean water. By collecting money during Lent, "paying" to participate in events like Team Jersey Day, Pyjama Day and Hat Day (students have even done chores at home to raise money for the cause) the school has raised enough funds for the well's completion. The money raised was actually taken to Sacala by the school's former principal, Dorothy Collins, and retired teacher John Weir, the organizers of this initiative who pay regular visits to St. Clare to update students on the well's progress and the impact of their fundraising. "The students worked so hard," says St. Clare teacher Alane Martinuzzi. "They've been able to see slides of the progress and are really looking forward to seeing the well complete this spring."

CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of positive action to goodnews@metowe.com and we will share them right here.

MILAN KRASULA / SOLENT NEWS / REX FEATURES

Daily Zoom

Bambi meets his master

Eagle almost gets deer

SLOVAKIA. Is this bird friends with deer-chasing, viral hero Fenton the Dog? This golden eagle failed to catch this deer after the brave young doe managed to escape. Photographer Milan Krasula said, "You have to be very lucky to get a good shot, as you cannot predict where the prey will be hiding."

METRO WORLD NEWS

Eagle went for the bigger one

HUNT. The 30-year-old Krasula spent four days trying to get a great picture of the annual eagle hunt, where owners release their birds to hunt prey. "(One owner) did not see the little doe and had actually released the eagle to get another animal. Of course, the eagle went for the doe instead of the other prey," Krasula said.

METRO WORLD NEWS

5

A fully-grown roe deer, at 30 kilograms, is five times heavier than a six-kilogram golden eagle. Still, the deer is the golden eagle's largest regular prey item. Cases exist of golden eagles killing calves. Eagles usually eat rabbits, squirrels, birds and large insects.

How the fawn made its escape

CHASE. While describing it as "an event of Mother Nature," Krasula was secretly rooting for the fawn and its quest to escape. "I think the life of the doe was saved by a nearby fence. It wanted to jump over it but was so frightened it only managed to slip underneath, giving the eagle no choice but to abandon the chase."

METRO WORLD NEWS

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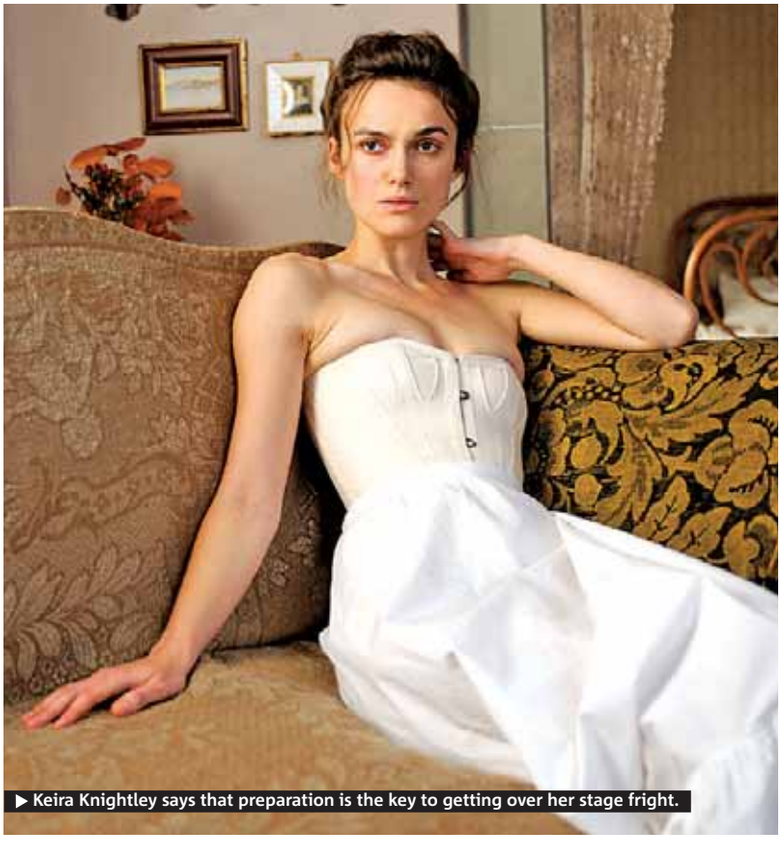
2 scene

Keira's breakthrough

Knightley talks about prepping for the role of a repressed psychiatric patient in A Dangerous Method How she battled her own psychological issue — a bad case of stage fright

RICHARD CROUSE
SCENE@METRONEWS.CA

HANDOUT



Keira Knightley says that preparation is the key to getting over her stage fright.

Since her 2002 breakout performance in Bend it Like Beckham, Keira Knightley has starred in 18 films, but it was only recently she realized something about her acting process.

"I suffer very badly from stage fright," she says.

"I didn't find it out until I had actually been on stage that that's what the feeling was.

"It's literally like having a wall in front of you. You know you have the ability to break through but for some reason you can't on that day.

"It's very strange that you can work as much as I do and still have a problem with that."

She has found a way to circumvent her fears, a method that came in handy while making her newest film A Dangerous Method, the story of the fathers of psychoanalysis, Carl Jung (played by Michael Fassbender) and Sigmund Freud (played by Viggo Mortensen), and Sabina Spielrein, the intelligent but troubled patient who causes a falling out between the men.

"I found only in the last few years that research helps," she says.

"As far as getting over that fear of stage fright I find that preparation is the key."

To play Spielrein, a woman wracked by tics and repression, Knightley threw herself into the exploration of the character.

"There was nothing that linked me to her," she says.

"I had no idea about it. So I phoned Christopher Hampton because he did the adaptation of Atonement, which I did a few years ago, and said, 'I'm going to do this, so help. Just help.'

"I went round to his house and thought he was going to give me a talk for a couple of hours and give me all the answers but he just handed me a pile of books and said, 'Start reading. It's all in there.'"

She eased her nerves with the research and further support was supplied during shooting by the film's director, David Cronenberg.

"Sets… are very difficult creative spaces," she says, "and trying to get the space so you can use your imagination and get yourself so you are not frightened by however many hundreds of people are on the set is quite a difficult thing.

"What David does is entirely creative. As much as it is technical it is also creative, collaborative and everybody is incredibly respectful of each other.

"He's a magician. He's absolutely extraordinary."

"What David (Cronenberg) does is entirely creative. … He's a magician. He's absolutely extraordinary."
KEIRA KNIGHTLEY

Viggo Mortensen on research

"With David (Cronenberg) I know I'm going to have a good time shooting and the movie is probably going to be really interesting and original. As is the case this time again. A lot of cases with other directors the shoot is maybe fraught with tension and disorder but the research period can always be interesting. I love that."

Box office

The Devil Inside has scared up a monstrous $34.5 million opening weekend to help Hollywood exorcise its recent box-office demons. The surprise hit from Paramount Pictures debuted well above industry expectations as horror fans crowded theatres for the low-budget tale about exorcists trying to free a woman possessed by evil spirits. Paramount already is well into profit with The Devil Inside, an independently produced movie that the studio bought for $1 million. It's the latest such low-budgeted horror acquisition for the studio, which bought Paranormal Activity cheaply and turned it into a $100 million sensation that was followed by two hit sequels. The Devil Inside bumped another Paramount hit, Tom Cruise's Mission: Impossible - Ghost Protocol, from the No. 1 spot to No. 2 with $20.5 million.
THE ASSOCIATED PRESS

Gerry Dee turns former teaching antics into CBC-TV sitcom

Russell Crowe joins the republic

IAN JOHNSTON
SCENE@METRONEWS.CA

Republic of Doyle has pulled out all the stops for its third season premiere – nabbing big-time movie star Russell Crowe for a guest spot. And according to series creator/star Allan Hawco, Crowe did much more than merely show up for filming.

"Russell never half-does anything," says Hawco. "He worked for a real long time with me on the script."

So why exactly did Crowe agree to play a mysterious bad guy in a little CBC detective series? Well, it seems that Great Big Sea singer Alan Doyle knows Crowe — having previously appeared with him in the film Robin Hood.

Indeed, the Republic of Doyle episode — airing Wednesday — also functions as a sly reunion for Robin Hood's merry band with not only Doyle and Crowe, but actors Scott Grimes and Kevin Durand.

"I was introduced to Russell years ago by Alan, who has since become a very good friend." says Hawco. "He (Crowe) is just one of those guys who likes to use his position in the industry to help others along."

HANDOUT

Republic of Doyle star/creator Allan Hawco says Russell Crowe was an easy person to work with.

Say hello to the younger Young Hov'

Jay-Z, Beyoncé welcome baby girl, name her Blue Ivy Carter

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Beyoncé Knowles and Jay-Z reportedly welcomed their daughter over the weekend, according to E! News.

The baby, named Blue Ivy Carter (although some outlets are saying her name is Ivy Blue Carter), was delivered on a private floor of New York's Lenox Hill Hospital that the superstar couple had reportedly paid $1.3 million to rent out.

And while mom and baby recuperate, security is remaining high: Hospital workers have reportedly put tape over surveillance cameras, and employees' mobile phones are being confiscated when they arrive for shifts, sources tell the New York Daily News.

There had to have been a musical motive to naming the child Blue (rhymes with "Boo?").

While it's not likely the name was inspired by albums by Joni Mitchell or Weezer, we think that every time the girl does a cute drawing they can call it The Blueprint and The Blueprint II after her dad's landmark albums.

ALL PHOTOS GETTY IMAGES

▶ Jay-Z and Beyoncé

Plus, it would have been too weird to name the girl Hova-ette.

Sienna finally settles down

Sienna Miller has stopped her home-wrecking ways, it seems (remember when she allegedly broke up the marriage of Balthazar Getty?).

The actress and boyfriend Tom Sturridge are ready to get married and have a family, though which they'll do first isn't clear. Miller recently confirmed she's expecting her first child in June, and now comes that Sturridge popped the question during a recent vacation to Paris, according to Life & Style.

"They're engaged and really happy. Her family is happy, as they absolutely adore Tom," a source says.

"He filled their hotel suite at the Ritz with flowers and presented her with a vintage Victorian ring. It was incredibly romantic — she was blown away." METRO

Sienna Miller

▶ LeAnn Rimes

Just say no: Rimes keeps her bra on

While Lindsay Lohan was more than happy to bare all in this month's Playboy magazine, the publication hasn't been as lucky with other celebrities.

LeAnn Rimes says she's been approached repeatedly about appearing nude, according to Hollyscoop.

"They've asked me three times. My mom would kill me, but it's flattering," she says. METRO

Timberlake's granny spills the beans

ENGAGEMENT. While Justin Timberlake and Jessica Biel may not have confirmed their recent engagement, Timberlake's grandmother is happy to take care of that for him.

"Yes, Justin is engaged. Jessica is a very sweet girl, she's upright and everything and we love her," Sadie Bomar tells Radar Online.

"She's a wonderful campaigner for the environment and Justin is too, a fine young man. Jessica will be a lovely member of the family." METRO

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3 life

Twins take over

More U.S. women are having twins these days. Health officials say one in every 30 babies is a twin. In 1980, only one in 53 newborns was a twin. Experts attribute the jump mainly to medical treatments and procedures that help infertile couples. But they note that there are more older moms today. For some reason, women in their late 30s have twins at a higher rate.

THE ASSOCIATED PRESS

Earlier diagnosis of dementia would have been beneficial, caregiver survey finds.

Get your kids moving in 2012

THINKSTOCKPHOTOS.COM

▶ Turn off the television and get outside!

Stephanie Joanne, trainer of the Degrassi cast, shows how to get your child moving ‘Think of exercise for kids as simply moving their bodies’, she says

HEATHER BUCHAN
LIFE@METRONEWS.CA

As a kid, you played Capture the Flag. Kids today are playing Call of Duty. The premise of each game is similar. The difference: One is done outdoors, and involves running and jumping and fake shooting…while the other requires a couch. And maybe a sugary soda, as an accessory.

It’s an old story: kids don’t get enough physical activity. What’s scary is the new research that proves it: Here in Canada, for example (a country with a lot of outdoors), only nine per cent of boys and four per cent of girls meet the new Canadian Physical Activity Guidelines, which state that children and youth should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily

The impact of this trend is both immediate (the rise of childhood obesity and diabetes is alarming) and lifelong (lifestyle patterns start young and inactive kids generally turn into inactive adults).

So how can you get your kids off the couch this New Year? “Exercise for kids doesn’t mean hitting the treadmill,” explains Stephanie Joanne, who is currently training the cast of the hit high school series Degrassi, including stars Jessica Tyler and Raymond Ablack. Simply running around playing hide-and-seek or kicking around a ball shouldn’t be viewed as frivolous.

Simple daily physical activity like this improves stamina, agility, strength and coordination in kids.

“Think of exercise for kids as simply moving their bodies. Let them decide how they want to be physically active. Maybe it’s throwing a Frisbee, joining a sports team, joining a dance class or simply jumping on a trampoline.”

Joanne, also an Extreme Fitness personal trainer, recommends exposing children to as many different forms of activity as possible. “This way, they can choose which ones they enjoy,” she says. One easy way to get kids moving around is through dance.

“It’s much more effective to tell kids to dance to their favourite songs than to ask them to stay on cardio equipment,” she says, adding, “If they don’t like dancing, they can skip to their favourite songs.”

And if your little ones are technology obsessed, replace Call of Duty with games that require users to get up and move around.

They follow you

According to the Active Healthy Kids Canada, children who receive greater parental support for physical activity, and who have parents who rate physical activity as highly enjoyable, are more likely to engage in one or more hours of physical activity a day.

Tips

THIS YEAR, GET YOUR KIDS OFF THE COUCH

STEPHANIE JOANNE
EXTREME FITNESS PERSONAL TRAINER

1 **Lead by example.** Be a positive role model. Don’t expect your kids to do something you’re not doing. Find activities you can enjoy together and commit to fitness for your family.

2 **Create active habits.** Walk with your kids to school, do active chores together or get active by volunteering. Create routines early on that require your kids to be active. When it becomes normal to not move and just sit in front of the TV, it becomes harder to break those habits later on.

3 **Get a dog.** A family dog is a great way to guarantee some activity in the home. The dog must be walked and it holds kids accountable to making the daily commitment to getting out and walking.

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Spice up those healthy greens

With its tuna chunks, this salad is hearty enough for a filling lunch

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

With cold winter days and nights upon us, crisp bright salad is perfect for a look ahead to spring.

Spicy Oil-Dressed Tuna & Greens

EMILY RICHARDS

This recipe serves four.

Ingredients:

- 3 tbsp (45 mL) extra virgin olive oil
- 1 jalapeno pepper, seeded and minced
- 1 large clove garlic, minced
- 3 tbsp (45 mL) white wine or cider vinegar
- 1/4 tsp (1 mL) salt
- 8 cups (2 L) mixed salad greens
- 1 cup (250 mL) halved grape tomatoes
- 1/3 cup (75 mL) thinly sliced red onion
- Half green pepper, thinly sliced (optional)
- 2 tbsp (25 mL) each chopped fresh chives and Italian parsley
- 2 cans (170 g each) chunk light tuna in water, drained

Preparation:

1 In skillet, heat oil over medium low heat. Add pepper and garlic. Cook, stirring 1 min. or until fragrant. Let cool slightly. Whisk in vinegar, salt.

2 In large bowl, combine greens, tomatoes, onion, pepper, if using, chives and parsley. Divide among 4 plates. Top each with tuna and drizzle with dressing before serving.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Rose Reisman's Swap It

If you're going to eat a frozen dinner, be careful with your choice. For example, white rice raises your blood sugar quickly then crashes it, making you hungry again.

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Endless hot water, no tank

Tankless water heaters not only save energy, but they cut your costs, too

BEN KNIGHT
LIFE@METRONEWS.CA

ISTOCK

Canadians love hot water. Having a tank ready to fire up a hot bath or shower after you come in from the winter cold is essential.

But in this modern, eco-conscious world, almost everything is being re-imagined. One of the latest energy-saving, cost-cutting breakthroughs is the tankless water heater.

"One of the main benefits of tankless water heaters is you're not storing and heating water while you're sleeping or out of the home," says Richard Simpson, Rheem Canada's tankless business manager. "The tankless only heats the water as you need it."

OK, but how long does that take? Tap water runs very cold in Canada, and we don't like to wait.

"With some units it can take an additional couple of seconds' delay," explains James Gray-Donald, sustainability leader for Sears Canada. "However, there are a number of units with a small reserve tank — just three or four litres of water — to avoid that delay."

Cold water is forced through a blazing natural gas heating system, quickly cranking it from frosty cold to toasty hot. The cost of keeping large amounts of water hot for long periods of time is eliminated.

They're not cheap, though. Tankless water heaters cost double or more the price of their traditional counterparts. But their increased efficiency can easily save a family of four $250 per year.

"Instead of 65 to 67 cents of every dollar you spend getting into the water in the form of energy, 94 cents of that dollar gets there," Rheem's Simpson says.

And there's another significant advantage of tankless water heaters — they never, ever run out of hot water.

"In Canada, the biggest driver for the consumer is unlimited hot water." Simpson concludes. "We actually give you a 12-year warrantee. We fully expect to get 20 years of life out of these things."

$1.75

The average cost of heating water for a 10-minute shower in Canada is $1.75. That's $52.50 a month if you shower every day. The higher efficiency of tankless water heaters can cut the number by 30 per cent.

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New year, new look, new life

With a job on the horizon, cancer on the back burner and a positive outlook, Lisa Airst is ready to take on the world

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

It's a new year and new beginning for Metro's Makeover Contest winner Lisa Airst.

The cancer survivor is about to start a new job as an educator with an organization that manages homes for people with mental health issues, and Lisa says the contest played a huge role in securing her new job.

SCOTT KENNELLY

▶ Lisa Airst before and after a makeover courtesy of Donato Salon and Spa.

"I believe I was determined before but sometimes I gave up. Sandy at NEXCareer didn't give up on me. I learned to be even more determined and persistent."

"I'm in remission and flying high. I feel positive about the future because I persisted right to the end and I didn't give up."
LISA AIRST, METRO'S TURNING POINT MAKEOVER CONTEST WINNER

Lisa's new wardrobe from Danier, the notebook from TechDirect, the Blackberry with phone service from WIND Mobile and mentoring from Robin Sharma International and eBranders all helped put her on the path to success.

She recently went to Donato Salon and Spa, and as you can see from her photo she has a beautiful new look to go along with her new job and outlook on life.

"I had a follow-up with my surgeon. I'm in remission and flying high. I feel positive about the future because I persisted right to the end and I didn't give up."

From all of us at Metro News, Congratulations Lisa!

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Major road block

Research indicates that a school's proximity to a major street can have a profound affect on student success

Students in low-income neighbourhoods are facing exposure to elevated levels of air and noise pollution due to the location of their schools near major roads, a new study suggests.

Researchers from Simon Fraser University (SFU) and the University of British Columbia looked at nearly 1,500 public elementary schools in Canada's 10 largest cities.

Addresses were geocoded with the proximity to the nearest major road calculated for each school. Researchers gathered data on income and neighbourhood characteristics from the 2006 census.

Studies of children who live near major roads have found that traffic-related air pollution is associated with lower lung function, impaired lung growth, asthma, ear infections and lower cognitive functioning, said SFU geography graduate student Ofer Amram. He co-authored the study with SFU health sciences assistant professor Ryan Allen and three UBC colleagues.

▶ Schools found in neighbourhoods with a higher average income are less likely to be near major roads, according to a recent study.

Amram said similar studies of traffic-related noise have found links to increased blood pressure, reduced sleep quality and cognitive deficits.

Research also reveals that when children are exposed to higher air pollution and noise at school it can lead to poorer average academic performance, he noted. THE CANADIAN PRESS

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Ontario has the highest tuition fees in the country at an average of almost $7,000 per year. In October, Premier McGuinty promised to reduce tuition fees by 30%.
On February 1st, students are going to hold him to that promise.
Get involved through your local students' union's organizing meetings:
Carleton University, every Tuesday at 4:00pm in the Atrium.
University of Ottawa, every Thursday at 6:00pm at Cafe Alt.
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4 sports

Senators defend home turf

Ottawa erases two-goal deficit in third to draw even with Flyers in weekend home-and-home

6	4
SENATORS	FLYERS

FRANCOIS LAPLANTE/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

▶ Ottawa's Erik Karlsson gives chase to Philadelphia's Claude Giroux, who looks for a rebound on a stop by Craig Anderson at Scotiabank Place on Sunday.

From a young age, hockey players are taught that putting the puck on net is never a bad idea.

That philosophy worked for the Ottawa Senators on Sunday.

Filip Kuba scored the game-winner with 1:11 left in regulation as the Senators staged another dramatic comeback to defeat the Philadelphia Flyers 6-4.

Kuba's shot from the point found its way through a crowd and past Flyers goalie Ilya Bryzgalov with the two teams primed for overtime.

"We were getting open at the (blue-line) in the third and Erik Condra made a good pass to me off the boards. I just dragged it into the middle and tried to get it on net," Kuba said of the winning goal.

"I guess there was good traffic there and it went in. Sometimes it does, sometimes it doesn't."

Daniel Alfredsson, Chris Neil, Erik Karlsson and Nick Foligno, into an empty net with 45 seconds left, added a goal and an assist each as Ottawa fought back from a two-goal, third-period deficit.

Colin Greening had the other goal for the Senators (22-15-6), who have made a habit of falling behind early only to stage late rallies.

Matt Read had a goal and an assist for the Flyers (24-12-4), while Sean Couturier, Marc-Andre Bourdon and Andrej Mezaros also scored.

"We've grown a lot as a team and I think we're going to keep growing," said Karlsson, whose club rebounded following a 3-2 overtime loss in Philadelphia on Saturday afternoon.

"We really wanted this game. We only have one game at home left this month so it was obviously an important game for us to win. They're a good team and you always want to beat the good teams."

The Senators trailed 4-2, but began another third-period comeback just 3:11 into the final period when Greening's pass to Jason Spezza was deflected past Bryzgalov by Flyers defenceman Matt Carle.

Karlsson then snapped a low shot from the right faceoff circle on a 3-on-1 past Bryzgalov just three minutes later to tie the game 4-4.

"Our team, generally speaking, needed to play a better game, a smarter game, against a team that forces a lot of turnovers," said Flyers coach Peter Laviolette.

The teams matched three-plus periods of offence from Saturday in the first period Sunday as the opening 20 minutes ended with the Flyers up 3-2.

Alfredsson opened the scoring just 55 seconds into the game and only 39 seconds after Philadelphia's Zac Rinaldo and Ottawa's Zenon Konopka got the crowd into it with a fight in the game's opening moments.

The Flyers responded with a goal from Meszaros at 2:32 to tie the score 1-1.

After a goal-mouth scramble and a lengthy review, Neil was given credit for a goal that gave the Senators a 2-1 edge at 8:28, but the Flyers got goals from Bourdon and Couturier just 28 seconds apart late in the period.

Read gave the Flyers a 4-2 lead with a power-play goal at 14:08 of the second period. **THE CANADIAN PRESS**

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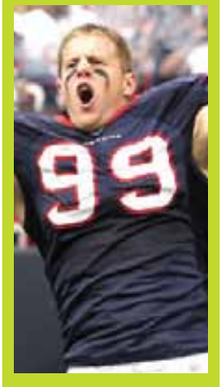

"We made history. We're excited about another chance to make history up there in Baltimore."

HOUSTON DEFENSIVE END J.J. WATT, WHO HAD A GAME-CHANGING INTERCEPTION RETURN FOR A TOUCHDOWN IN SATURDAY'S WIN AGAINST THE CINCINNATI BENGALS, THE TEXANS' FIRST-EVER PLAYOFF VICTORY. THE 31-10 WIN SET UP A MATCHUP WITH THE BALTIMORE RAVENS IN THE NEXT ROUND OF THE PLAYOFFS.

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Broncos refuse to bow out against Steelers in OT

JOE MAHONEY/THE ASSOCIATED PRESS

▶ Broncos quarterback Tim Tebow runs for a touchdown against the Pittsburgh Steelers in Denver on Sunday.

29	23
BRONCOS	STEELERS

One of the most storied NFL playoff teams ran into a rejuvenated Tim Tebow and the Denver Broncos.

Sorry, Pittsburgh Steelers.

The magic is back.

Tebow connected with Demaryius Thomas on an electrifying 80-yard touchdown pass on the first play of overtime and the Broncos defeated the stunned Steelers 29-23 in the AFC wild-card game on Sunday. The play took 11 seconds and was the quickest ending to an overtime in NFL history.

Thomas hauled in a high play-action pass at the Denver 38, stiff-armed Ike Taylor and then outraced Ryan Mundy to the end zone. Tebow knelt in his own end zone, pounding a fist in triumph before taking a victory lap in jubilation.

Behind Tebow's 316 yards passing, the Broncos (9-8) are heading to New England for a second-round game against the top-seeded Patriots on Saturday night.

The Steelers (12-5) lost despite Ben Roethlisberger rallying Pittsburgh from a two-touchdown halftime deficit with 10 points in the final 10 minutes.

THE ASSOCIATED PRESS

A turning point for Detroit

Lions have taken step forward despite loss to Saints, ending playoff drought ‘We need to win our division’

CHRIS GRAYTHEN/GETTY IMAGES

▶ Lions QB Matthew Stafford, left, meets with Saints QB Drew Brees after Saturday’s game.

The Detroit Lions have taken a leap forward by ending an 11-season playoff drought. They have work to do on defence if they want to make it beyond the first round.

All their deficiencies showed up when the Lions gave up an NFL post-season-record 626 yards to New Orleans in a 45-28 NFC wild-card loss Saturday night.

“A loss like this makes us want to return to the playoffs even more,” defensive end Kyle Vanden Bosch said. “It will be no surprise to everyone when the Detroit Lions start to make the playoffs each and every year.”

The Lions, though, will have to figure out a way to improve their roster enough to stop good teams from piling up points and yards. They allowed an average of 122 yards rushing and 312 yards passing in six losses to playoff teams — two times to both Green Bay and New Orleans, and once to San Francisco and Atlanta.

Detroit slipped to the unfavourable matchup against the Saints after losing the regular-season finale by allowing Green Bay’s backup Matt Flynn to throw for 480 yards and six touchdowns.

Instead of beating the Packers, who were without some of their best players, to face the New York Giants and perhaps have a better shot of winning a playoff game for the second time since 1957, the Lions were double-digit underdogs at New Orleans.

“We learned that we need to win our division so the next time we can have a home game and benefit from our home crowd like the Saints did,” quarterback Matthew Stafford said.

“That’s a huge difference.”

Stafford’s goal has a huge obstacle: Green Bay isn’t leaving the NFC North.

Detroit coach Jim Schwartz wasn’t in the mood to reflect on the season after it ended in New Orleans, but he’s expected to Monday.

Three seasons after sealing NFL infamy as the only 0-16 team, the Lions have plenty of building blocks to become consistently competitive.

“We’re going to be around for a while,” said kicker Jason Hanson after completing his 20th season with the Lions.

Stafford threw for 5,418 yards with 44 TDs — 18 to Calvin Johnson — and 18 interceptions in 17 games that provided hope for a franchise that has desperately needed it at quarterback.

THE ASSOCIATED PRESS

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Atlanta burned by Manning

New York QB throws for 3 TDs as Giants rout Falcons

All the missing pieces — defence and a running game — are aligning at the right time for Eli Manning and the New York Giants. And just in time to play the Packers.

After routing the Atlanta Falcons 24-2 Sunday in the NFC wild-card game, the Giants head to Green Bay next weekend, a place where they will need all the help they can muster.

Manning carried the Giants (10-7) for much of the season, hoping the defence would get stingy, the pass rush would materialize and the running game would get on track. Now, all of that is happening.

"A great mix of run and pass and these guys have a great understanding of what our offence is," Manning said of the help he's receiving. "If we can get that run game going like we did in the second half, that opens up a lot of windows."

24	2
GIANTS	FALCONS

And if the defence remains impenetrable, watch out.

"If we can play defence like that, we will continue to make ourselves heard in this tournament," coach Tom Coughlin said.

Manning punctuated his best pro season by throwing for three touchdowns and scrambling for a 14-yard gain that woke up New York's offence in its first post-season victory since its Super Bowl upset of undefeated New England four years ago. Next up is as big a challenge: The defending champion Packers (15-1), who won here 38-35 in December.

"We know they are a good team," Manning said. "We played them tough here, did some good things here, we scored some points. We know offensively we are going to have to play strong, score some points."

THE ASSOCIATED PRESS

CHRIS TROTMAN/GETTY IMAGES

▶ Eli Manning throws a pass toward Giants teammate Hakeem Nicks as he is covered by Falcons defender Chris Owens.

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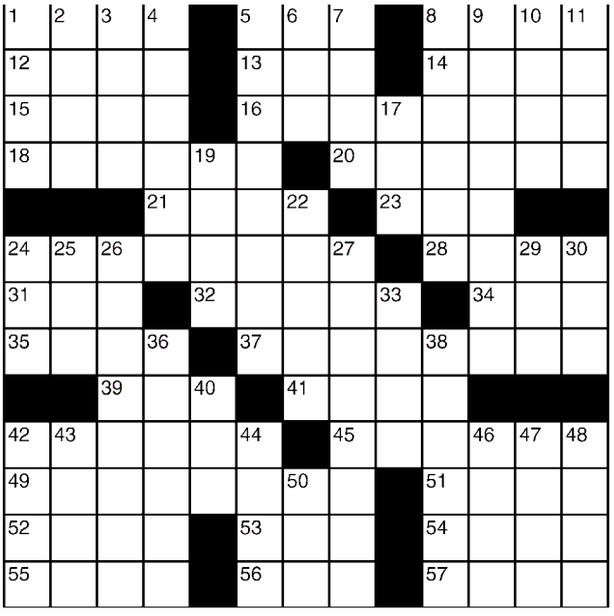


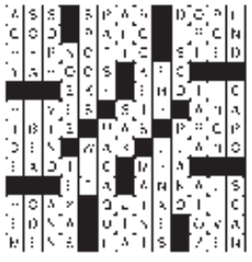
Across

1 Study hard
5 Unruly group
8 Oscar-winner Kedrova
12 Get up
13 Yoko of music
14 Soon, in verse
15 "Zounds!"
16 Obama, e.g.
18 Elk
20 Alternative to boxers
21 Sidewalk eatery
23 Wager
24 Turn to rubble
28 Discourteous
31 Anger
32 Admit
34 Capek play
35 Obi, for example
37 Outward behaviour
39 Work on the soundtrack
41 Roof overhang
42 Slowly, in music
45 Duration
49 Insanity
51 Continental coin
52 Pub orders
53 Wall-climbing plant
54 War god
55 Fine spray
56 Caribbean or Coral
57 Fat

Down

1 Ship's staff
2 Latvia's capital
3 Pronto, on a memo
4 Physician
5 Adapted
6 Individual
7 Flop on stage
8 More frilly
9 As part of an exchange
10 Bread unit
11 Picnic invaders
17 Sphere
19 Lofty
22 Cosmetician Lauder
24 Insult (Sl.)
25 Historic time
26 Partners of messieurs
27 Everest, e.g.
29 Twosome
30 Blunder
33 Actress Campbell
36 Least minuscule
38 Virgil hero
40 Crib
42 Leading man?
43 Sandwich shop
44 Elevator name
46 Mentor
47 Genealogy chart
48 Emcee
50 "— been had!"

▶ Friday's answer



Sudoku

		5				9		
	3		8		2		7	
9	7						1	4
		3	6		8	4		
6								1
		1	5		9	8		
5	1						8	2
	9		7		6		4	
		6				3		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

2	4	8	3	9	6	5	1	7
6	9	7	1	5	8	2	4	3
5	1	3	2	7	4	8	9	6
8	2	6	4	3	9	7	5	1
9	5	1	6	8	7	4	3	2
3	7	4	5	2	1	6	8	9
4	6	5	9	1	2	3	7	8
1	8	2	7	4	3	9	6	5
7	3	9	8	6	5	1	2	4

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you, Believe it! it's a rose you will get a sweetie not too long.
FROM ME

you, Well I really hope rose is who i'm hoping he is...then i'll be very happy. It couldn't hurt to be direct, not easy for me either believe it or not...
FROM ME

him, ;) wanna see u! wanna see me? ;) allz yah gotsa do is dial em digits... oh happy day! ;)
HER

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Today's horoscope

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♈ Aries March 21-April 20 You won't hesitate to speak your mind today, but be careful what you say to loved ones.

♉ Taurus April 21-May 21 Don't focus on trivial issues when there are so many big things that need to be dealt with.

♊ Gemini May 22-June 21 A risk that pays off in the short-term could cause you serious financial problems in the long-term.

♋ Cancer June 22-July 22 Someone will let you down today and you won't be too happy about it. However, if you think about it rationally you will realize that it was your fault for trusting them in the first place.

♌ Leo July 23-Aug.23 Try not to let your imagination get the better of you over the next 24 hours.

♍ Virgo Aug. 24- Sept. 22 A positive outlook will most likely yield constructive results.

♎ Libra Sept. 23-Oct. 23 Today's full moon suggests there will be a clash of egos.

♏ Scorpio Oct. 24-Nov. 22 You will lock horns (or trade stings) with someone whose views are the opposite of your own today.

♐ Sagittarius Nov. 23-Dec. 21 You will find yourself up against an opponent who is every bit as determined as you are today.

♑ Capricorn Dec. 22-Jan. 20 Be careful what you say today because the full moon in your opposite sign could so easily encourage you to say too much.

♒ Aquarius Jan. 21-Feb. 18 Friends and colleagues will tell you what you want to hear today rather than what you need to hear. But you don't need anyone to tell you that you are doing too much.

♓ Pisces Feb. 19-March 20. You may believe that if you hesitate you will miss out on a golden opportunity, and you may be right. But it's just as likely that you will act too soon and make a serious mistake. **SALLY BROMPTON**

Caption contest

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